

Whether you are pregnant, or thinking about it, here are some things you can do to have a healthy baby.

- Start prenatal care as soon as you know you are pregnant
- Keep your doctor appointments
- Eat healthy
- Exercise
- Take prenatal vitamins that include folic acid
- Get plenty of rest
- Drink plenty of water
- Avoid stress
- Avoid x-rays, hot tubs and saunas
- Avoid infections
- If you take prescription medication, make sure your doctor knows you are pregnant, or plan to become pregnant
- **Do not drink alcohol or smoke**

There is no safe amount of alcohol to drink when you are pregnant. If you are already pregnant Stop Now.

You can still help your baby.

What can drinking do to my baby?

When you are pregnant everything you eat and drink affects your baby. Fetal Alcohol Spectrum Disorders (FASD) are physical and behavioral problems that can develop in a child if the mother drinks alcohol during pregnancy. These problems may be present for the rest of your child's life.

Children with FASD may:

- Be born small.
- Have problems seeing and hearing.
- Have trouble following directions and learning how to do simple things.
- Have trouble paying attention and learning in school.
- Need special teachers and schools.
- Have trouble getting along with others and controlling their behavior.
- Need medical care all their lives.

Symptoms of FASD may not show up until a child is 3 or 4 years old.



If you are pregnant it's okay to get help.

Talk to your doctor, nurse, social worker, clergy, or clinics and programs near you.

**Nevada State Health Division Perinatal Substance Abuse Prevention
Program**

(775) 684-4245/www.health.nv.gov (Bureau Family Health Services link)

Alcoholics Anonymous (AA)

Check phone book for listings in your area/<http://www.aa.org>

New Frontier

(775) 423-1412

The Pregnancy Center

(775) 982-5640

Step 2, Inc.

(775) 787-9411, ext. 202

Sierra Recovery Center

(530) 541-5190

Substance Abuse Prevention and Treatment Agency (SAPTA)

(775) 684-4190/help line (775) 825-4357

Nevada Tobacco Users' Help Line

1-8007-QUITNOW/1-800-784-8669

Mental Health and Developmental Services

www.mhds.state.nv.gov

Center for Substance Abuse Treatment (CSAT)

1-800-662-4357

National Organization on Fetal Alcohol Syndrome (NOFAS)

(800) 66-NOFAS/<http://www.nofas.org>

Planned Parenthood

1-800-230-PLAN/<http://www.plannedparenthood.org/>

Substance Abuse and Mental Health Services Administration

(SAMHSA) Treatment Facility Locator

(800) 662-HELP



PERINATAL SUBSTANCE ABUSE PREVENTION

Drinking and Pregnancy



A program of the Nevada State Health Division